

## Beans and Greens Soup

A hearty bean soup flavored with healthy chopped greens and diced tomato

### Ingredients:

- 1 lb pinto beans, sorted, washed & soaked in water for 12 hrs or overnight
- 3 cloves garlic, peeled and crushed
- 1 large onion, peeled and chopped
- 1 ½ teaspoons cumin seed
- 1 teaspoon red pepper flakes
- ¼ cup chopped cilantro
- 2 teaspoons liquid smoke flavoring
- 4 cups finely chopped frozen kale, collards, or mustard greens, cooked
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 to 1 ½ tablespoons cider vinegar
- pepper, to taste
- 2 cups of diced fresh tomato
- ½ cup low-fat yogurt



Drain soaked beans and place in a heavy, deep non-aluminium pan. Add garlic, onion, cumin seed, red pepper flakes and enough water to cover by 2 inches. Bring to boil and lower to simmer and cook, covered, about 1-1.5 hours. Add more water as needed. Stir often and cook until beans are tender.

Preparation time: 2 hours

Servings: 8 (1.5 cup servings)

### NUTRITIONAL INFORMATION (per serving)

Calories: 279

Carbohydrates: 46g

Total Fat: 5g

Cholesterol: 0mg

Saturated Fat: 1g

Dietary Fiber: 16.5g

% of Calories from Fat: 16%

Sodium: 340mg

Protein: 15g

For more healthy fruit and veggie recipes, check [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)